

What is claimed is ;

1. A golf practice system including a support, line, a ball attached to one end of the line, the line fixed at the other end to the support, the line extending through an energy absorption device between the ball end and the fixed end.
2. The system of Cl. 1, which further includes a scale that indicates the length of travel of a ball in free flight when the ball is struck.
3. The system of Cl. 1 which includes a loop of the line between the energy absorption device and the fixed end, wherein the reduction of the length of the line after striking the ball represents the distance the ball would travel if struck in an unrestrained environment.
4. The system of Cl. 1 wherein the energy absorption device dissipates most of the kinetic energy of the struck ball
5. The system of Cl. 1 wherein the line is capable of stretching when the ball is struck, providing energy to return the ball to the vicinity of sticking